

## MONTHLY BOARD MEETING MINUTES

April 24, 2017

### **Mental Health Board**

#### **Members in Attendance**

Allinger, Tony  
Bartley, David  
Behrens, Sharon  
Bond, Yvonne  
Cataldo, Lisa  
Cirillo, Gregg  
Holmes, Jim  
McLennan, Geoff  
Stanners, Sharon  
Thickens, Theresa  
Wierenga, Dianne

#### **Staff and Guests**

Abrahamson, Twylla	Lyke, Rebecca
Bauman, Maureen	Minder, Mark
Ellis, Amy	Osborne, Marie
Ferry, Katherine	Solis, Carlos
Jones, Janna	

#### **Absent Members**

Filla, Stacci

### **Welcome and Introductions**

Theresa Thickens, Chairperson of the Mental Health, Alcohol and Drug Advisory Board (MHADAB), called the meeting to order at 6:15 p.m. Members and guests were welcomed and introductions were made.

#### **❖ Board Protocol (Non-Board Member Participation) – Not Read**

- This item is designed to clarify, for new attendees, the role of non-board members and their participation while attending the Mental Health, Alcohol and Drug Advisory Board (MHADAB) meetings.
- The MHADAB encourages public input in all of its meetings. In order to facilitate this, we allow for public input two times – once at the beginning of the agenda and once at the end. These times are for those items that do not appear on the agenda. For items that are on the agenda, the Board will allow time for input from the public at the time the item is heard by the Board. Input guidelines are as follows:
  - a. *All remarks shall be addressed to the Board as a body and not to any member of the board or staff.*
  - b. *No person, other than a member of the Board and the person having the floor shall be permitted to enter into any discussion without the permission of the chairperson.*
  - c. *For items not on the agenda, each person is limited to three (3) minutes of comment during the Public Comment Period(s.)*
  - d. *For items on the agenda, each person is limited to five (5) minutes of comment during the agenda item, unless time is extended by the chairperson*
  - e. *For items on the agenda, if there is a person speaking on behalf of a group, with no other comments by another member of that group, please identify yourself as such and your time may be extended at the pleasure of the chairperson.*
  - f. *Total discussion time on any item may be limited by the chairperson to ensure that all of the business on the agenda is completed no later than 8:00 p.m.*

#### **❖ Guest Speaker: Carlos Solis, MD, Adult Psychiatry, Turning Point Community Programs – Presenting on methods and medications that are working for clients**

- Dr. Solis provided a brief background of his experience and services he provides.
- Reviewed how he uses medications to assist clients with drug withdrawals and addictions. He notes there is no cure for the addictions, but he uses the opportunity (a chance) to get people in and help them from relapsing long enough for the psychosocial system to begin to work.
- Turning Point (TP) provides intensive case management, dual diagnosis groups and relies on additional people in the community and the county to provide the psychosocial services.
- Dr. Solis identified the big epidemic as opiates, listing: Methadone (one of the medications used to help people with suspended withdrawals), Oxycodone/OxyContin, Hydrocodone, Vicodin, Demerol, Meperidine, Fentanyl and Duragesic.

- Per Dr. Solis, the Centers for Disease Control and Prevention reported 183,000 US deaths between 1999 -2015 due to overdose of prescription opiates and in 2015, there were 15,000 reported deaths due to overdoses.
- Identified Heroin as a “cheap substitute” that is easily accessible.
- Provided information on the use of Methadone – how/why it is used to suspend withdrawals (keeping the withdrawal away).
- Discussed the use and benefits of injectable medications; the patient doesn’t have to remember to take their medication.
- The “take home message” is integration with regards to the medical treatment, the psychiatric/psychologic treatment and the addiction treatment. Treating the whole person is ideal.
- TP works with the clients to re-establish goals and conduct one-on-one meetings but they need to have people participate in their own treatment.
- Yvonne Bond asked about family involvement and what Dr. Solis thought was the best way for people to get involved with their family member’s/consumer’s care. He noted that different cultures have different ways of approaching things and that he, as a TP psychiatrist, is open to having family involvement. He also noted that he does accept information from families.

### **Secretary/Treasurer’s Report**

- Approval of the March 27, 2017 Regular Board Meeting Minutes.
- Approval of Treasurer’s Report - \$1,500 - Amount budgeted for Fiscal Year 2016-17.  
Expenditures for the month of March include: \$64.81 – catered meal, leaving a balance of \$876.38.

**Geoff McLennan made a motion to approve both the Treasurer’s Report and Regular Board Meeting Minutes as read, Dianne Wierenga seconded. Motion carried.**

### **Standing Committee Reports**

- ❖ **Executive Committee** – Theresa Thickens
  - No action taken.
- ❖ **Alcohol and Other Drug (AOD) Committee** – Geoff McLennan
  - AOD hosted Warren Daniels, Director of CoRR (Community Recovery Resources) and Nancy Taylor. They talked about the programs offered, which Mr. McLennan highlighted.
    - Adolescent intervention program, student assistance, mood management, adolescent outpatient program, drug and alcohol, intensive outpatient care, co-occurring disorders.
    - Discussed the nexus between alcohol and marijuana – typically seen in teenagers.
    - Passed around a brochure that reviewed the services and locations.
    - CoRR serves children, TAY (Transitional Age Youth) and adults.
    - Tony Allinger noted the committee was very interested in knowing what else was going on with kids once Full Circle melded into CoRR, along with several other providers.
  - The committee continues to solicit new people for its committee. Participants do not have to be a MHADAB member to participate on the committee.
- ❖ **Children’s Services Committee** – Sharon Stanners
  - Christina Nicholson and Ambrosia Cramer from Children’s System of Care (Whole Person Learning) attended the committee meeting and shared information on the Youth Empowerment Support (YES) Program. Distributed a brochure on the YES program and a YES Referral form.
    - YES provides support to youth and young adults ages 12-26.
    - The Hope Program is for 18-25 year olds – provides transition housing, with intensive life skills to support them.
    - Plan to have them provide a training/presentation to the MHADAB.
    - It is an outstanding outreach program and they have received several awards for their work.
    - Due to an increase in staff, they’ve gone from direct support with 65 TAY to 91. With the outreach and direct support, they had contact with 827 youth in 2015 and 2016.
    - Passed around a pamphlet they developed (advising youth on what their rights are) - YOU have rights too!
- ❖ **Adult Services Committee (ASC)** – Yvonne Bond
  - Lisa Long, ASOC, Patients’ Rights Advocate, presented to the committee, providing the the patients’ perspective.
    - Ms. Long’s goal is to advocate for the patient’s expressed wishes.
    - Important for patients to feel there is someone to advocate their rights.
    - Ms. Long shared her personal experience with the committee on her children’s mental health challenges (Bipolar).
    - The patients’ rights advocate position is mandated by Title 9 of the Welfare & Institution Code.

- Each county is mandated to have at least one patients' rights advocate.
- She provides training to the community.
- Would like Ms. Long train the committee on how to better relate to patients/loved ones, including the best way to approach them.
- Ms. Long relies heavily on the California Mental Health Law Book.

### **Board of Supervisor (BOS)-Representative**

- ❖ Supervisor, Jim Holmes reported on the following:
  - Report on the successes of the new animal shelter. Dog adoptions up 60%; cat adoptions up 90%; and there are 60 new volunteers. It has exceeded expectations.
  - Mr. Holmes was honored to present Maureen Bauman with a commendation from the BOS at its April 24<sup>th</sup> meeting.
  - Meeting with a representative, next week, from Mercy Housing. They are working on a senior housing project at 623 Vernon Street. Possibility of bringing senior housing to the property in Dewitt (county's master plan).
  - Part of the Dewitt campus doesn't fall under the Nevada Irrigation District (NID). An agreement was made with NID, allowing properties in the area to annex into the district to receive services. This will also bring the amount of water flow we need into this area for fire suppression.
  - Mr. Harmon (as reported at last month's MHADAB meeting) is looking to create a campus, off Shale Ridge Lane, for transitional housing and apartments for those just coming out of homelessness. Mr. Holmes meets tomorrow with the administrator from the Transportation Planning Agency that oversees the Airport Land Use Commission to identify what's allowed to facilitate this type of campus.
  - Policy group for safe access to medical cannabis continues to meet. The group has a big concern with marijuana in the schools and wants to educate the population on the effect that marijuana has on developing brains. Mr. Holmes noted that they have a very good representation for the group.
  - On Thursday, there will be a forum (Joint Government Relations Committee meeting) in Rocklin to discuss the city's concerns related to marijuana dispensaries. Amber Morris, the California Department of Food and Agriculture representative of CalCannabis, will be in attendance to discuss regulations. Spending nearly \$700,000 per year just to regulate the limited industry with no cost recovery.

### **Correspondence and Announcements**

- ❖ Theresa Thickers reported on the following:
  - Maureen Bauman's last day is May 19<sup>th</sup>. Amy Ellis has been selected as the new ASOC director.
  - Amy Ellis provided a brief background on her history with Placer County.

### **Director's Report**

- ❖ Maureen Bauman reported on the following: (*distributed in board packet*)
  - May is Mental Health Awareness Month (distributed green ribbons), asking members to be an ambassador and have conversations with people about the ribbons and why reducing stigma against persons with mental illness is so important.
    - Distributed the colored brochures on what it feels like to have one of the mental illnesses, e.g., what does it feel like to have schizophrenia, what does it feel like to have depression, etc.
    - Additional resources included as links in the Behavioral Health Director's Report, e.g., Know the Signs, Each Mind Matters, Suicide Prevention, etc.
  - The ASOC Annual Data Report was distributed electronically prior to tonight's meeting. Report reflects the trends of five-year data that shows which direction we are going with the various programs.
    - Place on a future agenda for discussion.

### **Unfinished Business**

- ❖ Recruitment/Visibility (*Standing agenda item*)
  - At the annual retreat, plan to discuss what each committee is doing and does about recruitment and visibility.
- ❖ Jail Tour Update
  - Geoff McLennan noted the tour to South Placer Jail takes place on May 1<sup>st</sup>.
  - Reported on the Auburn Jail tour (April 17<sup>th</sup>) that included Gregg Cirillo and Yvonne Bond. The tour went well until the finish when a worker became very upset.
    - The two-page summary of the tour will be sent to members electronically.

- Yvonne Bond added to the conversation noting it was discouraging to see a staff member upset related to a need for more staffing support and a concern of not being able to deliver appropriate level of services to the mentally ill.
    - The committee will follow up with county staff on this issue.
  - Gregg Cirillo felt the care that the mentally ill are receiving is insufficient but that they are doing the best that they can. He understood from the conversation that the jail was reluctant to take people to hospital on a 5150 and the hospital was reluctant to take the individuals. Mr. Cirillo believes that because the jails don't have enough resources, the inmates are not receiving the help they need.
  - There are plans to add additional beds for the mentally ill.
    - Solicited for others to participate in the May 1<sup>st</sup> tour, as there are openings
  - Maureen Bauman provided additional information on jail services, previous issues in the jails and with CFMG (California Forensic Medical Group); she encouraged the committee to get other perspectives.
  - Amy Ellis shared information on the jail transition meeting that takes place regularly and includes HHS, Probation and the Sheriff's Office. Looking at strategies to also have HHS to be more present in custody to help navigate individuals to the right resources as they transition out of the jail, especially if they're going to be served by ASOC.
- ❖ May MHADAB Retreat/Workshop Schedule (Proposed Extended End Time)
- Theresa Thickers noted it was planned to not hold a regular MHADAB meeting and to just focus on the retreat/workshop.
  - The Executive Committee wants to extend the retreat time to give the committees an opportunity to talk about goals or plans for the next fiscal year and give a summary of what they've accomplished.
  - There was interest on the board to evaluate how the board was working for the year, not just at the committee level but for the full board. There was also an interest to identify what worked this year and what might be changed for next year.
    - Proposed the retreat/workshop be extended: 9:00 a.m. – 1:00 p.m. (includes a working lunch).
    - Consensus to extend the time.

### **New Business**

- ❖ Nominating Committee Appointment
- Theresa Thickers appointed the nominating committee to seek potential executive officers for the upcoming year: Sharon Stanners, Lisa Cataldo and Theresa Thickers.
    - A vote on the slate of officers will take place in June.
- ❖ Proclamation Declaring May 2017 as Mental Health Awareness Month
- Maureen Bauman announced that the Proclamation goes to BOS May 9, 2017.
  - While there is no event planned this year, the new Public Information Specialist will be doing publicity through the county email and social media and other outlets - putting out messages about reducing stigma and mental health awareness.
  - Amy Ellis mentioned ASOC will be organizing trips down to some of the events in Sacramento.
- ❖ **[Action Item]**
- Maureen Bauman provided an overview of the amendment:
    - Amendment for Mental Health Triage Grant Program for Mobile Crisis Triage Services.
  - Geoff McLennan stated that he would like to see the hours of service extended at some point.
- Geoff McLennan made a motion to move the amendment forward to the BOS for approval, Sharon Stanners seconded. Motion carried.**
- Theresa Thickers noted the recommendation to extend hours per Geoff McLennan's request.**

### **Board Member Comments**

- ✧ Theresa Thickers and members thanked Maureen Bauman for her continued support, knowledge, patience and leadership to this Board, acknowledging that she has been an inspiration to the entire MHADAB. Maureen Bauman was presented with a gift from the members.
- ✧ Geoff McLennan announced that Maureen Bauman will be honored by the American Society of Public Administration; she will receive a Lifetime Achievement Award on May 4, 2017.
- ✧ Sharon Stanners and David Bartley reported on their attendance at the Mental Health First Aid class; it was a great class and is worth taking time off work to attend.
- ✧ Mr. Bartley reported on another great training he attended - SAFE (Suicide Awareness for Everyone) Talk.

- ✧ Geoff McLennan announced he will be attending the Cannabis conference on May 12<sup>th</sup> in Squaw Valley. He will provide a report to the full board.
  - Maureen Bauman noted the Executive Committee agreed to approving reimbursement for mileage and registration cost.
- ✧ Everyone personally thanked Maureen Bauman for her service and leadership and offered other words of gratitude based on their personal experience and agreed she has made a positive difference.

#### **Public Input**

- ✧ None received.

#### **Adjournment**

- The meeting was adjourned at 8:20 p.m.
- Monday, May 8, 2017, at 4:00 p.m. is next Executive Committee meeting (ASOC).
- **FRIDAY, May 19, 2017 at 9:00 a.m.** is the Annual Retreat/Workshop – 3091 County Center Drive (Cypress Room), Auburn.

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Secretary/Treasurer, Mental Health, Alcohol and Drug Advisory Board